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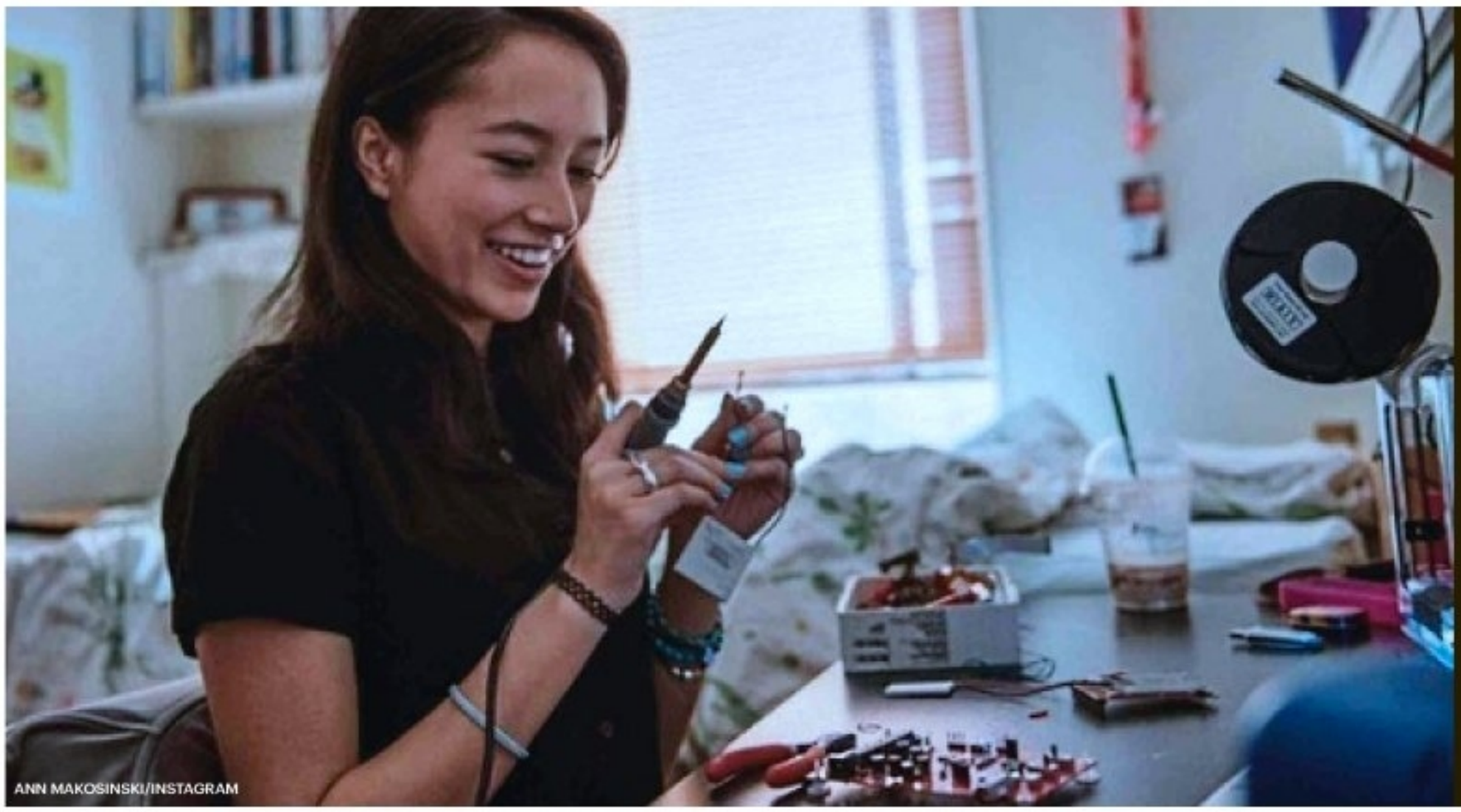
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IN *with the* NEW

B.C. teen inventor named to Forbes 30 Under 30 in her latest achievement

metroNEWS

Police called to repel salt assault

VANCOUVER FROZEN OVER

Tempers flare as horde turns up at fire halls

Jen St. Denis
Metro | Vancouver

Police were called to two Vancouver fire halls Wednesday morning as crowds surged, and tempers flared, in a rush to grab free road salt to clear icy sidewalks.

"We've had issues with large crowds, both with making sure they don't impede the apparatus and that they're lining up safely and in a civilized way," said Jonathan Gormick, public information officer with Vancouver Fire and Rescue.

Because most stores have run out of salt, the Vancouver Fire and Rescue Service agreed to distribute salt mixed with sand, provided by the city, from 10 fire halls throughout the city. The mounds of salt and sand were delivered Tuesday evening with the understanding that residents would be able to start picking up two buckets a person starting at 9 a.m. on Wednesday.

But managing the huge crowds was more than the fire department bargained for. At Fire Hall No. 12, crews Tuesday night had to dissuade the driver of a pickup truck from filling several garbage cans full of salt. The next morning, fire crews were busy managing very long lines of around 100 people and making sure salt seekers did not block access routes for fire trucks.

Police were called to Fire Hall No. 22 at 59th Avenue and Fire Hall No. 17 at Knight Street to manage very large crowds and "to intervene in a couple situations where tempers got out of hand," Gormick wrote in a followup email.

Because of the demand, Gormick is asking the public to now limit themselves to just one bucket of salt. He's also asking that people check the city's website to see which fire halls are distributing salt, and to not call or try to access the fire halls in search of salt. The salt mounds are located in the parking lots of the fire halls.

"I know when we rolled out the initiative we were hoping that the intervention needed by our staff was minimal," Gormick said.

"But it's been a big issue this morning and I know our crews are taxed with answering the door, people are going to the wrong fire hall."

While crews did prevent the man in the pickup truck from filling up his vehicle with salt Tuesday night, Gormick said there are no plans to guard the mounds throughout the night.

"If that means somebody shows up at 2 a.m. with a pickup truck and fills the truck, there's not much we can do about that," he said. "Based on the demand we've seen, there's not going to be any salt left at 2 a.m."

Students in a Vancouver school join in a Dancepl3y workshop, with Dancing With Life creative director Brooke Yantzi (blue shirt, centre left). CONTRIBUTED/DANCEPL3Y

Dance classes in school having positive results

EDUCATION

Method called Dancepl3y getting some great reviews

David P. Ball
Metro | Vancouver

Schools across British Columbia are getting hundreds of kids dancing — and teachers are discovering it's helping those kids address anxiety, low confidence and decreasing physical activity.

Brooke Yantzi, creative director of Dancing With Life, has taken a new method of dance instruction into nearly a dozen Vancouver-area schools this past term, roughly 25 province-wide, as well as training more than 30 Kamloops teachers in the method for that city's school board.

"The response has been super-positive, warm and welcoming," she told Metro in an interview. "They see that it's incredible for kids."

Yantzi's teaching a method known as "Dancepl3y" — pronounced "dance-play," the "3" referring to its three basic principles: be positive, be fun and be yourself.

According to the method's founder, Vancouver-based Melanie Levenberg, the aim is "developing physical literacy through dance."

Physical literacy "is the physical competence, confidence and motivation to be active for life," Levenberg stated in an email. But although it's recommended that children have between 30 to 60 minutes of "moderate to vigorous" physical activity every day, the Canadian average is a mere seven minutes, Yantzi said.

> Essentially, Dancepl3y's focus is on building physical literacy.
> Dancing With Life creative director Brooke Yantzi

"It's no secret that children these days aren't getting as much physical activity," she said. "Essentially, Dancepl3y's focus is on building physical literacy — fundamental movement skills like hop, skip, run, jump — and really developing those in a child."

To help boost those skills — and participants' confidence to use them — the method uses nearly non-stop musical accompaniment drawn from many styles including pop hits kids will know, as well as hip hop, Bollywood, jazz, funk, swing and even the waltz.

Instructors teach participants simple movements and sequences, but encourage them to adapt to their own style.

But don't call it "freestyle," Yantzi emphasized. In fact, there's a carefully facilitated structure to the method's classes, which she's taught from single classrooms up to 4,000-person stadiums and, recently, an outdoor flash mob of 1,000 children in Kamloops.

"What we do is actually pretty structured, but we're giving enough structure so that people actually feel confident," she explained, recounting her own experiences learning traditional dance, including ballet.

"In our class, the music's playing pretty much the whole time, and we're teaching as the music's playing. We're more focused on connecting to the beat and teaching simple sequences, or simple moves, but we're giving space for people to actually experience how they do it in their own style."

While Dancepl3y founder Levenberg's background is in physical education and kinesiology, Yantzi arrived at it through her psychology degree focusing on mental health and self-esteem issues.

In her seven years working in schools around the world, Yantzi has seen children described by teachers as "never participating" in activities change course and overcome their anxiety.

"Anxiety has spread into every area," Yantzi said. "Moving our body to music is one of the only things that activates every single part of your brain."

ACCOMMODATION

Airbnb ban is cause of rent hike, hotel contends

Wanyee Li
Metro | Vancouver

A privately owned single-room occupancy hotel in Vancouver's Downtown Eastside says it was forced to increase its rents after city staff told the landlord to stop listing its units on Airbnb.

Several tenants at the Ross House spoke to media earlier this week alleging significant rent hikes after signing fixed-term rental agreements. But the landlord, Charles Haynes, defended his actions in a written statement Wednesday, explaining that previous rental rates were subsidized by Airbnb-related income.

Ross House rented several units to a third party who then listed them on Airbnb, he said.

"The City of Vancouver has required us to stop this Airbnb activity without any consultation with us on the implications of the value of the income from the Airbnb to provide low-cost housing subsidy," he said.

"Now we will have to pay money out of pocket to keep the building open, as well as be on-call 24 hours a day to attend to the often times psychological needs of some of the tenants."

A city representative confirmed that three Airbnb listings for Ross House were taken down after they were brought to the city's attention by residents.

City staff are conducting consultation for a new Airbnb bylaw that city council is expected to vote in the coming months.

Ross House Holdings Ltd. does not hold a hotel or bed and breakfast licence, which means it is not legally allowed to rent its units out for shorter than 30 days at a time, according to the city.

City councillor Geoff Meggs accused Haynes of deflecting blame. "Bottom-line, he is displacing people who have nowhere to go. He has to be accountable."

As of Wednesday afternoon, at least one tenant who would otherwise be evicted received financial support from the Carnegie Outreach group — enough to stay at Ross House for two months, according to housing advocate Wendy Pedersen.

But she maintains that the use of fixed-term tenancy agreements is unethical.

"You can't use the fixed-term residential tenancy agreement as a blank eviction cheque that you can fill out at any moment."

BILL MCKAY

Nanaimo suing its mayor

Nanaimo has launched a lawsuit against its own mayor, alleging he shared confidential information with a former staff member who was preparing to sue the municipality.

A document filed in B.C. Supreme Court says Nanaimo Mayor Bill McKay breached his duties by providing Marilyn Smith with a private email from the city's chief administrative officer that outlined concerns related to the woman's employment history. Smith was an administrative assistant to the mayor and council.

The lawsuit accuses the mayor of obstructing city staff and not acting in the best interests of the municipality.

"The mayor's improper disclosure of confidential information to Ms. Smith was not inadvertent," alleges the notice of civil claim filed on Dec. 28.

"Ms. Smith used the confidential information … to support her claim against the city."

The mayor, who was elected in November 2014, wasn't immediately available for comment.

None of the allegations have been proven in court and no statement of defence has been filed.

The legal action follows a protracted squabble between McKay and council members that became public last November when councillors asked the RCMP to investigate the mayor for allegedly breaching his financial disclosure obligations.

Multiple media reports at the time cited the mayor as saying he had done nothing wrong and that council's actions were based on speculation and innuendo intended to discredit and humiliate him.

A November statement from council members accused McKay of failing to report to council that he had accepted a free trip from Clipper Navigation, a company interested in launching a fast-ferry service between Nanaimo and Vancouver.

The statement alleges that McKay did not disclose gifts he received while on an official trip to China in 2015, including a return plane ticket from the chair of the Nanaimo Economic Development Corp.

A separate legal action filed on Dec. 22 by 10 Nanaimo residents petitions the B.C. Supreme Court to disqualify the mayor from holding office because of alleged conflicts of interest. THE CANADIAN PRESS

metro NEWS
Your essential daily news

Computers may soon be making immigration decisions. **Canada**

Potato that has ancient roots

KATZIE FIRST NATION

Tuber found in archeological dig cultivated once again

Jen St. Denis
Metro | Vancouver

Last April, members of the Katzie First Nation gathered on the rocky beach of Alouette Lake to do something they hadn't done in over 100 years.

They were there to cook and eat wapato, a type of potato that had once been a staple of their diet.

"We cooked it plain, and everybody has said should we do this again they would like some butter, salt and garlic," said Debbie Miller, general manager of the Katzie Development Limited Partnership.

"But the first one, we thought, needed to be clean."

Recently published results of an archeological dig show that the Katzie were cultivating wapato near Pitt Meadows as far back as 3,800 years ago. The tuber grows in watery soil near river banks or in areas where tidal rivers, like the Pitt or the Fraser, constantly wash over the plant.

> **It's not awful — but plain it's not very good.**
> Debbie Miller

The archeological evidence showed how the Katzie reused discarded cooking stones to prepare the wapato growing areas. The stones had been heated up in a fire and then used to boil water in watertight baskets; when they cracked, the Katzie used the stones to line the watery wapato fields to cultivate the plant and make it easier to harvest from the mucky river bed.

Archeological evidence shows the Katzie carefully cultivated the wapato, a kind of potato, thousands of years ago. People are now growing and eating the plant again. ROMA LEON/CONTRIBUTED

DIGGING DEEP

Recently published results of an archeological dig completed by Katzie members trained in archeology at Simon Fraser University show that the Katzie were cultivating wapato near Pitt Meadows as far back as 3,800 years ago.

The dig was completed by Katzie members who have been trained in archeology at Simon Fraser University, and their findings have inspired the Katzie to try to find and again cultivate the wild wapato.

At first, Miller and other community members didn't recognize the plant which, it turned out, had been growing in plain sight all along.

"Our elders tell us, until you're ready to learn, things don't become obvious," Miller said. "We started seeing these spots throughout the (area) and we started saying, whoa, why did we not see these things?"

After trial and error, they were able to grow the wapato in enough quantity to host the April 20 gathering.

As for what the small wild potato tastes like? Some have described it as tasting a bit like asparagus or like the cob part of corn on the cob.

"There's a definite distinctive taste," Miller said. "It's not awful — but plain it's not very good."

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British Columbian inventor named to Forbes' 30 Under 30

GIFTED YOUTH

UBC student wants to create scientific documentaries

Wanyee Li
Metro | Vancouver

Canadian inventor Ann Makosinski can now add Forbes 30 Under 30 to the long list of accolades she has collected since she won the 2013 Google Science Fair as a 15-year-old.

The second-year UBC student, who invented a flashlight powered by the heat of a human hand and a cell-phone charging mug, says she was honoured to be included in the list and inspire future young inventors like herself.

"Everyone can find a role model who can inspire them in the Forbes list. I never thought, back when I started making things when I was a kid, that any of this would happen."

She told Metro jokingly the Forbes announcement also made up for the fact that she did not get into Stanford, one of three American universities she applied to.

"Apparently getting on the (Forbes) list is harder than getting into Stanford," she said.

Makosinski, originally from Victoria, B.C. is currently studying English Literature and says its part of her goal of creating scientific documentaries.

"I want to always have a balance of arts and science," she said.

Canadian inventor Ann Makosinski has been named one of Forbes' 30 Under 30. COURTESY UNIVERSITY OF BRITISH COLUMBIA

"I think nowadays, people's jobs and what they do is going to be very different than the stereotype of just because you study business you're going to be a businessman."

At the same time, she is also improving her existing inventions and working on getting her flashlight product on store shelves by the end of the year.

"What I've decided to do right now is to study English so I can get that storytelling and film background. I can keep science and business outside of school and I'm learning a lot through meeting people and actually doing it."

> **"I never thought, back when I started making things when I was a kid, that any of this would happen.**
> Ann Makosinski

Makosinski, who has spoken at 5 TEDx Talks and appeared on Jimmy Fallon twice, says one of the challenges of finding fame so young is balancing speaking engagements and media interviews with her real job: learning.

"It's fun to do, but I also have to remember when I do promo it's not my main job all the time. My main job is to develop my inventions and to learn."

She hopes that one day her company can help other young creators make their ideas a reality.

Inventing is an ongoing process that doesn't always yield immediate results, she said. She wants aspiring inventors to know it takes perseverance to create a working product.

"I would advise them not to be discouraged when they're making something and it doesn't work the first time. It's very normal and you learn more when you fix your mistakes more than if you got it perfect on the first try."

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RCMP tab for royal visit tops $2M

POLICE

Records show largest costs were travel, pay, overtime

The RCMP says it spent about $2 million on policing costs during last year's eight-day visit to British Columbia and Yukon by the Duke and Duchess of Cambridge and their two young children.

The total bill was released following a federal Access to Information request for RCMP costs during the visit that began Sept. 24. But the total could still change if additional expenditures are added later this year, the documents say.

The records show the largest expenses were connected to pay, overtime and travel costs, which totalled about $1.9 million.

RCMP pay and overtime was pegged at $1.37 million. But the amounts for regular pay and overtime pay are not separated. The documents also do not provide the number of RCMP officers assigned to the tour.

The documents also report almost $73,000 in pay and overtime for other police costs. Municipal police departments in the Victoria and Vancouver areas were involved in the royal visit.

The RCMP's travel bill was $532,097, the documents say.

Prince William and Kate visited several communities in B.C. and Yukon, with one of the highlights coming when they attended a garden party at Government House in Victoria with their children, Prince George and Princess Charlotte.

The B.C. government is expected to release its final costs for the tour on Jan. 13, while the federal government has yet to release its final tally.

THE CANADIAN PRESS

Prime Minister Justin Trudeau and Catherine, the Duchess of Cambridge on Sept. 25, 2016. JENNIFER GAUTHIER/METRO FILE

REAL ESTATE

Home sales down 5.6 per cent in 2016

Home sales in Metro Vancouver dropped by 5.6 per cent in 2016, the city's real estate board said Wednesday, wrapping up a tumultuous year in one of the country's most watched housing markets.

The composite benchmark price for all residential properties in Metro Vancouver, as measured by the Multiple Listing Service home price index, hit $897,600 in December. That's a 17.8 per cent increase from the same month the previous year.

"It was an eventful year for real estate in Metro Vancouver," board president Dan Morrison said in a statement.

> **It was an eventful year for real estate in Metro Vancouver.**
> Dan Morrison

"Escalating prices caused by low supply and strong homebuyer demand brought more attention to the market than ever before."

Residential property sales in the city started the year off strong, sometimes hitting record highs. But partway through the year the market started to cool, with sales and eventually prices declining.

That came as a number of measures were implemented in an effort to address home affordability concerns in Vancouver, including a 15 per cent tax for foreign buyers and a tax on homes left vacant.

"As prices rose in the first half of the year, public debate waged about what was fuelling demand and what should be done to stop it," Morrison said.

"This led to multiple government interventions into the market. The long-term effects of these actions won't be fully understood for some time."

There were 39,943 detached, attached and apartment properties sold in the region last year, down from the 42,326 sales recorded in 2015.

Despite the decline in the number of homes sold, 2016 was the third-highest selling year on record, behind only 2015 and 2005.

Last month, residential property sales totalled 1,714, a 39.4 per cent decrease from the 2,827 homes sold in December 2015. THE CANADIAN PRESS

HYDRO

Electricity demand reaches record high

The recent freezing weather has resulted in the highest-ever hourly demand for electricity in B.C.

The new record, of 10,126 megawatts, was set between 5 and 6 p.m. on Jan. 3, passing the decade-old mark of 10,113 megawatts set between 5 and 6 p.m. on Nov. 29, 2006.

Demand for electricity peaks during weekday evenings as people arrive home from work and school, flip on the lights and heat and begin to make dinner. On average, electrical usage increases 88 per cent in winter months.

The recent spate of sub-zero weather is expected to ease over the coming days according to Environment Canada, with a chance of more snow expected beginning Thursday evening. B.C. Hydro says it expects peak hourly demand loads of between 9,800 and 10,200 megawatts for the rest of the week.

JEFF HODSON/METRO

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Welcome to Canada

Canadian immigration applications could soon be assessed by computers.

Ottawa is quietly working on a plan to use computers to assess immigration applications and make some of the decisions currently made by immigration officers, Torstar News Service has learned.

Since 2014, the Immigration Department has been developing what's known as a "predictive analytics" system, which would evaluate applications in a way that's similar to the work performed by officials today.

The plan — part of the government's modernization of a system plagued by backlogs and delays — is to use the technology to identify the merits of an immigration application, spot potential red flags for fraud and weigh all these factors to recommend whether an applicant should be accepted or refused.

At the moment, the focus of the project is on building processes that would distinguish between high-risk and low-risk applications, immigration officials said.

"Predictive analytics models are built by analyzing thousands of past applications and their outcomes. This allows the computer to 'learn' by detecting patterns in the data, in a manner analogous to how officers learn through the experience of processing applications," said department spokesperson Lindsay Wemp. "The goal is to improve client service and increase operational efficiency by reducing processing times while strengthening program integrity."

The project was approved by the former Conservative government cabinet in Feb. 2013. Wemp said there is no firm timeline on when automated decisions might be a viable option.

With the proliferation of artificial intelligence in people's day-to-day lives, from IBM's Watson (the supercomputer that defeated Jeopardy! champions) to Google's self-driving cars, immigration experts said they were not surprised by the move toward automation.

"This is the greatest change in immigration processing since the Internet. What requires weeks if not months to process would only take days with the new system. There are going to be cascades of savings in time and money," said immigration lawyer and policy analyst Richard Kurland.

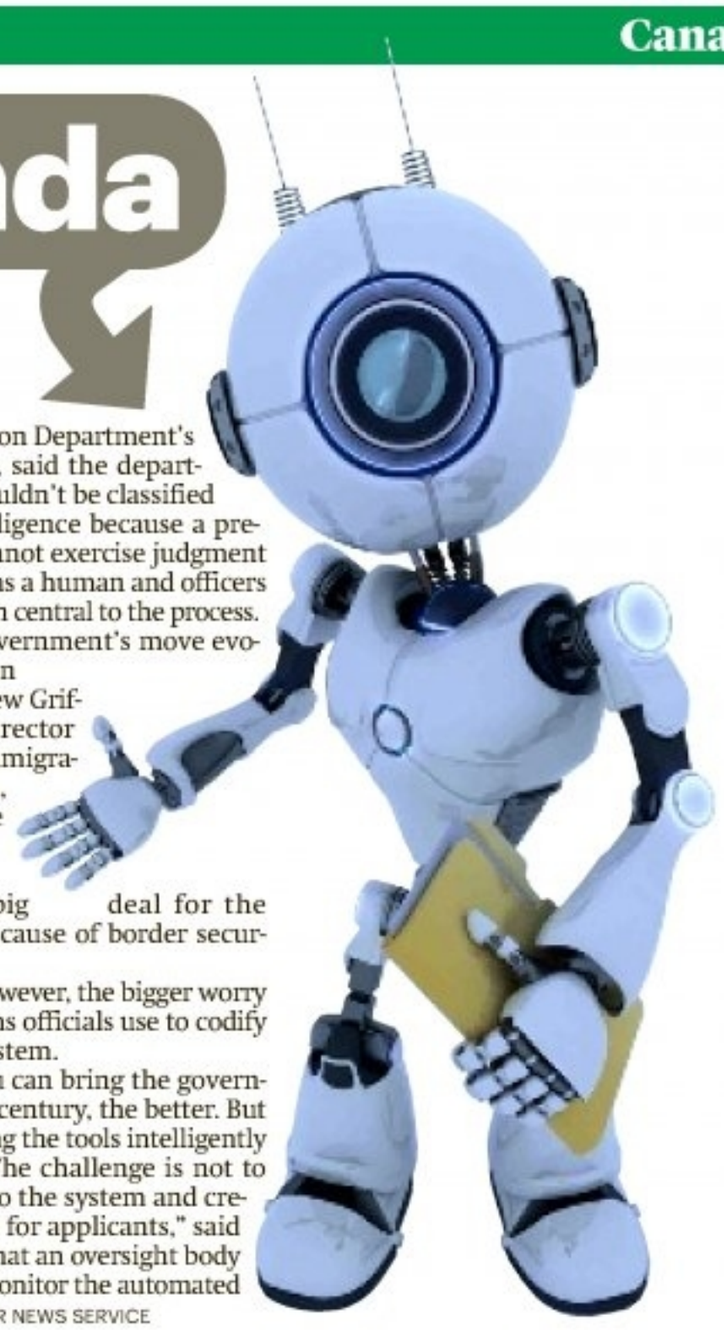
"A lot of countries have used predictive analytics as a tool but not for immigration processing. Canada Revenue Agency also uses the techniques to identify red flags. It uses artificial intelligence. It is decision-making by machines. The dividends of this exercise are huge."

The Immigration Department's Wemp, however, said the department's plans shouldn't be classified as artificial intelligence because a predictive model cannot exercise judgment in the same way as a human and officers will always remain central to the process.

Calling the government's move evolution rather than revolution, Andrew Griffith, a retired director general of the Immigration Department, said applying the technology to immigration processing is a big deal for the public mostly because of border security concerns.

For Griffith, however, the bigger worry is what algorithms officials use to codify the computer system.

"The more you can bring the government to the 21st century, the better. But we should be using the tools intelligently and efficiently. The challenge is not to embed biases into the system and create extra barriers for applicants," said Griffith, adding that an oversight body is warranted to monitor the automated decisions. TORSTAR NEWS SERVICE



Watchdog calls for better care for vets

Canada's military watchdog urged the federal government Wednesday to do more for soldiers forced out of the Canadian Forces for medical reasons after an Afghan war veteran and three family members were found shot dead in Nova Scotia.

Ombudsman Gary Walbourne wants Ottawa to ensure injured military personnel have all the necessary benefits and supports in place before they are forced to turn in their uniforms.

"There should be no member of the Canadian Armed Forces released until all benefits and services are in place," Walbourne said in an interview.

"That means pension, back benefits, health care."

Retired corporal Lionel Desmond, 33, was found dead Tuesday in a home in Upper Big Tracadie, N.S., from what appeared to be a self-inflicted gunshot wound, RCMP say. His wife Shanna Desmond, 31, their 10-year-old daughter Aaliyah and his mother Brenda Desmond, 52, also died of apparent gunshot wounds. THE CANADIAN PRESS

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NAZZARENO TASSONE

'I want him home now,' says sister of man killed in Syria

The family of a Canadian killed fighting for Kurdish forces in Syria has launched an online campaign to bring his body home for a proper burial.

Nazzareno Tassone, 24, died Dec. 21 near Raqqa, Syria, according to a letter from the Kurdish People's Protection Unit (YPG), which hailed him as a hero.

"The respected Tassone family lost their beloved son, and we The YPG lost our daring and courageous companion," the letter to his family said.

The letter said his body is still in the hands of Daesh, also known as ISIS or ISIL.

"I want him home because he's Canadian," his sister, Giustina Tassone, 21, said in a telephone interview from Niagara Falls, Ont. "He's a Canadian citizen. Even though he's dead, he deserves proper treatment. I don't want to bury an empty coffin."

Tassone's family has launched a Facebook page called "Bring Nazzareno Tassone Home."

Giustina Tassone said her mother has trouble talking to anyone now and she particularly needs to have her son's remains close to her.

"She wants to have her son with the rest of the family," Giustina Tassone said.

Nazzareno Tassone FACEBOOK

Tassone was born in Newmarket and raised in Keswick, Ont., and Niagara Falls before moving to Edmonton.

He worked as a parking officer there before he left for Syria. He told the family he was heading to Syria to teach English.

"He was a goofball," she said. "He was a major goofball. He always made me and my friends smile. He knew how to make me laugh. He was a funny guy but he could also be serious."

Among the Facebook posts is one that reads: "My brother was killed on December 21st by ISIS in Rojava Kurdistan. Please make this page go viral so the CANADIAN GOVERNMENT knows to bring my brother home now." TORSTAR NEWS SERVICE

CHINA SMOG SO THICK YOU CAN BARELY SEE A woman uses a scarf for protection against air pollution on a pedestrian bridge in central China's Anhui province. The province was blanketed by severe smog on Tuesday. THE ASSOCIATED PRESS

Man faces jail for helping migrants

FRANCE

Farmer could get up to five years in prison

A French activist farmer facing potential prison time defended his aid to illegal African migrants in court Wednesday, calling it an act of humanity and not a crime.

"Helping someone is not an offence!" read a placard at a protest in support of farmer Cedric Herrou outside the courthouse where he went on trial Wednesday.

The case has called attention to those who have resisted Europe's anti-migrant sentiment and are offering food, lodging or other aid to people from impoverished or war-torn countries coming to Europe illegally. There has notably been an outpouring of support in the Roya valley in the Alps this year.

Cedric Herrou AFP/GETTY IMAGES

Herrou went on trial charged with helping illegal migrants enter France, travel in France and stay in France. His lawyer Zia Oloumy pleaded for acquittal, insisting a crime hasn't been proven.

The prosecutor asked for an eight-month suspended prison sentence and confiscation of Herrou's vehicle.

The court could sentence him to up to five years in prison and 30,000 euros in fines if a guilty verdict is delivered Feb. 10.

Herrou says he is doing his civic duty and will keep helping the migrants, who are mainly from Eritrea and Sudan.

"The law is against me, against actions to help people in need, so we have to change the laws," he said.

Lucia Palermo, a 36-year-old artist from the Italian border town of Vintimiglia, was among several people demonstrating in support of Herrou.

"I'm concerned by the fact that if we show solidarity with a European, there is no problem. But if you show solidarity with a migrant ... it's a problem.

"This concerns me a lot," Palermo said.

THE ASSOCIATED PRESS

Manhunt continues in Istanbul

Police increased security around Istanbul on Wednesday and detained some 20 people with suspected links to the deadly New Year's Eve night club attack as the hunt for the gunman stretched into a fourth day.

Turkish Foreign Minister Mevlut Cavusoglu said the gunman — who killed 39 people during New Year's celebrations at the Reina club before reportedly escaping in a taxi — had been identified, but did not name him.

Police set up checkpoints across Istanbul as security levels remained high. They stopped cars and taxis, with passengers and drivers holding up their identifications while officers inspected the vehicles.

The city has been on edge since the attack on the upscale club popular with local celebrities, and on Wednesday residents beat up a man said to resemble the wanted gunman before handing him over to police, the Dogan news agency reported.

Some 20 people, including 11 women, were taken into custody in police raids in the Aegean port city of Izmir, the state-run Anadolu agency said.

The suspects were believed to have lived with the gunman in an alleged Daesh cell house in the central Turkish city of Konya, the agency reported.

Daesh has claimed responsibility for the attack, saying it was in reprisal for Turkish military operations against Daesh in northern Syria.

THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Thursday, January 5, 2017

ALEX GILL ON WHY WE NEED A THOUSAND MORE REINAS

Istanbul's Reina nightclub was (and is) a symbol of a future that is directly opposed to the extremists' divisive ideal of a polarized world.

The news of the New Year's Eve attack on Istanbul's Reina nightclub was sadly not unique in 2016. Similar attacks happen seemingly every week in some part of the world. But Reina holds a personal significance for a number of Canadians and a growing network of young people across the globe.

Reina was one of the Istanbul venues that hosted hundreds of young entrepreneurs from around the world — including dozens of Canadians — during the 2015 G20 Young Entrepreneurs' Alliance Summit. The Alliance Secretariat is based in Toronto and traces its origins to the 2010 G20 summit in that city. Each year, the Alliance summit brings together young entrepreneurs to share ideas, build new relationships and talk about the world they want to create.

During my last visit to Reina, I talked with young people from countries as diverse as the U.S., Poland, Australia, Italy, Japan and Brazil about their ideas. I met young Turkish women and men who were hungry to meet others from around the world. I heard from Mexicans who were fighting government corruption, from Indians who were seeking connections in Europe and North America, from Saudis who wanted to help their society evolve in a new direction.

Find new ways to talk with each other. Build bridges across cultures. Enjoy life and dream of a better life for us and for others.

With the broad span of the Bosporus bridge arching overhead in the night sky, young people from incredibly different cultures and backgrounds met, danced and talked about their futures. It was a club full of optimism and music and dancing, fuelled by a belief that tomorrow would be better than today.

Victims of the New Year's Eve attack on Istanbul's Reina nightclub were merely out celebrating and enjoying life. AFP/GETTY IMAGES

The contrast between that happy memory and the grainy footage of the gunman walking through those same rooms on New Year's Eve could not be more pointed. Indiscriminately spraying bullets into the crowd. Returning to the fallen to shoot them again and again. Casually committing incredible violence against people who merely wanted to celebrate and enjoy life.

It would be too trite to say terrorists do this because "they hate our way of life." The reality is a bit more nuanced. Extremists of all stripes want a polarized world where the divide is clear between "us" and "them." The Reina that I and hundreds of others enjoyed represents a future that is directly opposed to that divisive ideal.

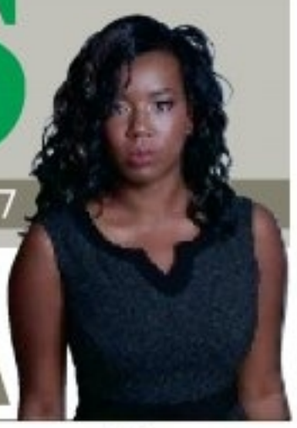
Our natural reaction in the face of such violence is to turn away from each other. To raise the level of our rhetoric. To introduce more barriers, more walls, more ways to isolate each other. But if we truly want to honour the more than 100 people who were killed or injured in that attack, we should redouble our efforts to do exactly what I saw young people doing in Reina during the G20 Young Entrepreneurs' Alliance Summit. Find new ways to talk with each other. Build bridges across cultures. Enjoy life and dream of a better life for us and for others.

I was reminded of an incident in 2011, early in the history of our G20 group. Our French colleagues hosted a summit in Nice, bringing speakers such as Mohammed Yunus to challenge and inspire us at a time when Europe was beginning its fiscal crisis. One panel discussion featured French bankers, industrialists and others who were decidedly pessimistic about the future of Europe.

Yet the young people in the audience had other ideas. They talked about their dreams for a growing and confident Europe, one that could encourage more young people to travel and start companies no one had yet thought of. With a mixture of irritation and admiration, one of the panellists responded by saying "Oh, you young people and your enthusiasm!"

And that is the point. That is why we need a thousand Reinas across the world. That is why we need to encourage the bonds between people and cultures that only freedom, true personal and economic freedom, can help create. Because it is those new bonds that will show those who think problems are only solved through violence and walls that a better way is indeed possible.

Alex Gill is a Toronto-based social entrepreneur and activist who has moderated the G20 Young Entrepreneurs' Alliance since 2010.



VICKY MOCHAMA

Men are rebranding their activities — and women are helping

In the fight for equality, we haven't yet levelled the playing field when it comes to being sick.

Until now. When my body started heating up with a fever, I didn't realize I was making a feminist breakthrough. (I mostly realized I didn't have any medicine in the house.)

I don't just have any regular flu. I have manflu.

Manflu is when men are cold and have a lot of feelings about it, she says derisively. Actually, it's a pejorative used to describe how men behave when facing a mild illness like the common cold. There's an Internet meme that shows a woman in the middle of giving birth juxtaposed next to a man in bed with a thermometer in his mouth. The caption reads, "During labour, the pain is so great that a woman can almost imagine what a man feels like when he has a fever."

I know I'm afflicted with manflu because I have sent several all-caps texts to friends and family. At 1 a.m. in our family group chat, I may have sent a message about feeling like there are a thousand knives in my throat. I have claimed such despondency that my mother delivered a week's worth of food to my house. I lost my voice for two days and wrote, "I feel so powerless" on my bedroom mirror. No one of any gender has ever had a case of the flu this bad.

Because it's 2017 (a.k.a. the future) and I am a feminist, I can get anything a man can get. Including the flu virus and the attendant dramatics about it.

Feminism — if you squint hard at the fine print — says women can now do things that men have been doing for ages. For example: wearing pants. We do that now.

We also still wear skirts but that is because modern skirts have pockets — another feminist breakthrough.

But just as we're scaling the heights of gendered oppression, men are rebranding their special activities. You've seen it all over the place. Take a regular bar of soap and put it in a black box. Now it's "guy soap." That delicious light-with-hints-of-pear blush wine? Stick a motorcycle on the label, dudes: we're drinking brosé.

Being the wonderful creatures we are, women are helping with this branding effort. When a man explains a woman's expertise back to her, we don't call it patronizing, condescending and wholly unnecessary. We call it mansplaining. There are more variations: manterrupting (when men interrupt), manspreading (when men spread their legs), manboxing (OK, I made this one up but it means when a man is a box).

Naturally, the next step in the fight for equality will be when women take over being systematically rude.

I've done my part by contracting manflu. I did it for the cause.

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metro LIFE

Your essential daily news

Calgary's Canada Boy Vinyl, one of the country's only vinyl pressing plants, is closing down.

SELF HELP

Author says arguments can improve relationships

Dealing with opposition, be it from a bossy co-worker, a messy roommate or a nagging partner, is among the most stress-provoking experiences in life. In his new book, Resolve: Negotiating Life's Conflicts with Greater Confidence, Hal Movius argues that conflict actually produces beneficial outcomes and makes our relationships better — but only if it is dealt with wisely.

Offering tips to identify and handle tough negotiating tactics, secrets to managing (and maintaining) poise when emotions flare and mastering the art of conflict, Movius spoke with Torstar from Charlottesville, Va.

Why do you believe that becoming a better negotiator is a good new year's resolution?
One is that conflict is inevitable. We seem to be entering a time globally where there's more conflict in public and political life but, even if that weren't the case, to have relationships (and) to work effectively with others, we are going to encounter disagreements. Most of us improvise our way through it or avoid it. Thinking like a negotiator and learning key moves can help you to be more proactive and to normalize the idea that conflict is an overlooked opportunity.

Are there any pitfalls you see when people engage with conflict? What do you think we should be trying this year?
What I tried to do in the book is look at how each of us might fall prey to different pitfalls and how to use specific tactics to counter those but, if I had to generalize, I would say that people don't see how a conflict can become a negotiation. Seeing conflict as a part of leading a good life and an occasion for better outcomes rather than a headache would be the thing I would wish for most people to do. That's also what the research tells us: You can do conflict better but you have to treat it like other difficult tasks, or a practice that you develop over time. You don't just become a good tennis player or cook by having the sudden urge to do it — it takes work. There are ways of practising negotiation that makes you better.

Early in the book, you write that people don't see good negotiation modelled enough. So what does good negotiation look like, say, in a personal relationship?
Partners who have "good fights" tend to pick their moments. They don't push and say, "we need to talk about X right now" or start by insisting. The second thing is they start with a constructive frame and a specific complaint about a thing that happened and not a criticism about the character of the other person. Don't start an important conversation after a busy day or a few beers. Another tip is that, if you have to talk through something as a couple, it helps if you take a walk together instead of sitting across the kitchen table.

What about in the workplace?
Effective leaders, more than anything else, tend to imagine how the other side might see a situation and the issues. The big misconception in conflict is that you have to convince the other side that they have to care about the same things you do. What great negotiators do is ask a ton of questions at the front end about what the other party really cares about. If I can figure out what is most important to you and to me and notice those differences, I can craft a proposal that exploits them without just compromising.

You write that learning to navigate conflict within close relationships strengthens the bond. Can you explain?
So the first thing is that if I am not afraid to enter into conflict and I have a repertoire of helpful moves to navigate it, I'm more likely to get more of the things that I want while preserving the relationship I have. The second thing is that, if I learn about some of the pitfalls or the behaviours that aren't helpful I can learn to recognize them. When couples recognize those patterns, they can also then ask: "What can we do about it? " There are things we can do to contain conflict and steer the conversation in a direction that can take it away from the rocky places where we can do damage.

TORSTAR NEWS SERVICE

ISTOCK

Fight better this year

Conflict resolution tips if your plan for 2017 is to stop being a pushover

> **Cultivating curiosity about yourself and the other person is a powerful move.**
> Hal Movius, a psychologist and negotiation expert

Former Bachelorette Kaitlyn Bristowe. CONTRIBUTED

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Networks chase their tail...then eat it

THE SHOW: Jimmy Kimmel Live!, Jan. 2, 2017 (ABC)
THE MOMENT: The Ouroboros

The actor Joel McHale, who mocked TV professionally when he hosted The Soup, is Kimmel's first guest. Kimmel asks him to comment on The Bachelor, which had its season premiere earlier that night (on ABC), with Bachelor Nick Viall.

McHale is scathing. He calls the show "a parade of unstable sluts trying to get a date." He says former Bachelor Jake Pavelka "looked like he should have starred in American Psycho." He demonstrates how both Jake and Nick talk while smiling. (It's creepy and hilarious.) Asked his favourite Bachelorette, he answers, "Kaitlyn, because there were like, five Kaitlyns."

"You mean the Kaitlyn [Bristowe] who's here tonight?" Kimmel asks.

"I don't care," McHale scoffs.

Kimmel's next guests are Bristowe and Viall. She rejected him in a prior season, so everyone anticipates awkwardness. But Bristowe wants only to diss McHale. She calls him a dick. "I saw you backstage," she says, "and guess what, I don't like you."

"Who knew when we invited you on," Kimmel asks, chuckling, "that all your anger would be directed at Joel McHale?"

Cable and streaming services are shredding network TV, and this is the networks' solution: to double down on themselves. On his ABC show, Kimmel hosts ABC stars who talk about other ABC shows; he'll also host the Oscars — on ABC. On Sunday night, NBC's Jimmy Fallon is hosting the Golden Globes on NBC.

They're all busily pretending TV is still a closed shop, and they still run it. They're the Ouroboros — the creature that eats its own tail.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

THE KARDASHIAN KOMEBACK KIM RETURNS TO SOCIAL MEDIA Kim Kardashian has made her long-awaited return to social media, three months after going silent in the wake of being held up at a Paris hotel. It's another example of a celebrity shunning media interviews post-controversy, instead controlling their own image through personal social media accounts. Kardashian posted pictures of her family, a video of her domestic life on YouTube, and this photo with the caption, "my son." INSTAGRAM/@KIMKARDASHIAN

The books that you leave behind tell their own story

INTERVIEW

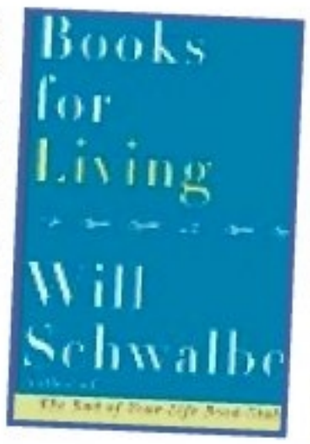
How an avid reader left a life portrait on his shelves

Sue Carter
For Metro Canada

Will Schwalbe had an old friend, who like himself, was a voracious collector of books, amassing thousands of volumes. Around the age of 70, this friend made a decision to keep exactly 100 titles in his possession — if he bought a new book, he would give away or donate another one off his shelves.

When he died a decade later, he left a quirky collection, one that Schwalbe describes as a remarkable portrait of a man who enjoyed travel, photography and martini culture.

"I love that idea that you can compose your autobiography not in words or sentences but in the books you chose to keep around and leave behind," says Schwalbe.



It is also fair to say that as a longtime New York publishing executive, Schwalbe, who is speaking at Toronto's Bluma Appel Salon on January 10, has built his own life story with words on pages.

As his mother was going through chemotherapy sessions, the two avid readers would share books to pass the time. Their discussions became the basis of his 2012 best-selling memoir The End of Your Life Book Club.

Schwalbe's new title, Books for Living, chronicles 26 titles that have a personal meaning or connection to various times in his life. Written in an informally chatty style, Schwalbe didn't intend to produce a definite list of the greatest books ever published, or even a collection of his favourite reads.

"These are 26 wonderful books that came to me at a time when I needed them and I think have something that will move, delight, instruct others," he says. "I hope at the end of this, I will have added to everyone's to-read pile, but also to look differently at the ways that books have impacted their lives."

The list is as eclectic and unexpected as the stories behind them. Reading Homer's The Odyssey under the tutelage of a demanding classics teacher showed Schwalbe that sometimes being mediocre is okay, and should even be embraced. Stuart Little, E.B. White's beloved children's book about a nattily attired boy-mouse, is a reminder to be as cheerful and optimistic as possible (and to "dress smartly.") Even Paula Hawkins' blockbuster thriller The Girl on the Train taught Schwalbe lessons about trust.

"I think there are wonderful things to be had from all sorts of different books," he says. "Some of the greatest experiences I've had have been with what people refer to as genre books. Pieces of wisdom from Jack Reacher novels have been as meaningful as gems I've found in the world's great poetry."

Like The End of Your Life Book Club, Books for Living also serves as a tribute to Schwalbe's loved ones, in particular his essay on Charles Dickens' David Copperfield, which he transforms into an emotional tribute to an old friend who died suddenly.

"One of the themes that I love grappling with and has been very important to me is what can we do for the dead," Schwalbe says. "We can read for them. We can read books that they loved, and books we think they would have loved. That's really a way of keeping them present in our lives."

Sue Carter is the editor at Quill & Quire magazine.

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AUTOBIOGRAPHY

Memoirist's heart soars in nature

Kyo Maclear was at a low point — shaken by her father's faltering health and feeling like she had a "broken part" — when she found uplift in an unlikely source: birds.

It was 2013 and Maclear's dad, the journalist and documentary filmmaker Michael Maclear, had recently suffered two strokes. As the children's author and novelist helped tend to her father in drab hospitals and rehabilitation facilities, she struggled to write (it seemed an "overly complicated, dubious effort"), found her solitary time fragmented by caretaking duties as both daughter and mother, and failed to find enduring distraction in art lessons or other outlets.

Then she watched Alan Zweig's documentary 15 Reasons to Live, which her composer husband was scoring, and found resonance in the story of Jack Breakfast, a Toronto musician who found unexpected peace photographing birds. Maclear arranged to meet the musician and soon a project took flight: she would shadow him on his birding sojourns for one year and document what she found.

"Maybe in my fantasy I'd like to be a grand expeditionary writer," Maclear said one morning recently from a booth in High Park's Grenadier Restaurant, "and this guy seemed to be doing grand expeditions in the city

Kyo Maclear's memoir, Birds Art Life, is out now. TORSTAR

and seeing incredible things.

"It just seemed amazing, magical and spacious, and I didn't feel my life was very spacious at the time. I felt very squeezed and grounded in my life. I felt maybe that I wanted something transcendent. Birds gave me that."

The result of Maclear's year is her new memoir Birds Art Life, an incandescent exploration of beauty, inspiration, art, family and freedom that seems to leave no topic out of its binocular scope. The book shares obvious appeal to fans of Helen Macdonald's 2015 bestseller H is for Hawk.

It's worth pointing out that pre-existing bird knowledge is definitely not a prerequisite to reading Birds Art Life. Certainly, Maclear didn't know anything about birds before her yearlong aviary apprenticeship and she was perhaps an unlikely candidate for the pastime.

A lifelong city-dweller, Maclear was born in London and raised in Toronto.

When Maclear began her adventures in birding, though, she discovered nourishment in nature. She began to notice the beauty of the birds, their joyful music and the helpful level of patience the practice demanded.

As she scrutinized birds for the first time, she also took joy in their lack of "special regard for humans."

The book's reach is expansive, spanning philosophy, art, love and cities, specifically the importance of finding beauty in drab urbanity.

TORSTAR NEWS SERVICE

metro HOME

Your essential daily news

Lululemon founder Chip Wilson's Vancouver home now valued at more than $75 million

MEET THE CONDO

A home for all Seasons

CONTRIBUTED

Project overview

Seasons in Burnaby's Brentwood area represents the best in West Coast living. It features a limited collection of four-storey residences by Ledingham McAllister set in a welcoming community, with remaining homes ranging from one to two bedrooms, all designed to be efficient, livable, open spaces for comfort and style.

Housing amenities

Seasons designed their homes with nine-foot ceilings, an open space design, all fixed with the best in contemporary home offerings. Kitchens feature quartz countertops and soft-close cabinetry, and each resident is given access to a common community garden and fitness centre, along with several other options.

Location and transit

Just off Broadway next to Holdom SkyTrain Station sits Seasons. Take a five-minute train ride to Commercial/Broadway, or head to New Westminster or Coquitlam via the Evergreen Line in the other direction. Those with vehicles can hop on Lougheed Highway, and get to the No. 1 Highway in minutes.

In the neighbourhood

Conveniently connected to a network of bike trails and featuring an exclusive Seasons Commuter Bike Program, residents will be given shared bicycles to enjoy. Dine at some of Burnaby's finest restaurants or go shopping at Brentwood Town Centre. SFU and BCIT are a 10-minute drive away.

NEED TO KNOW

What: Seasons
Developer: Ledingham McAllister
Building: Four-storey condos and townhouses
Sizes: Remaining homes range from 642 square feet to 961 square feet
Model: Remaining one- and two-bedroom homes
Pricing: Contact for more details
Status: Selling
Occupancy: Contact for more details
Sales centre: Presentation centre closed. Contact via phone or email for details
Contact: 604-568-6888, admin@liveatseasons.com

TRENDS

Fresh new year, fresh new look

Decor trends take us on a little emotional journey every season. For 2017, trend spotters say we're looking for ease and comfort. Even at the luxury end of the decor spectrum, the look is less stiff suit, more velvet smoking jacket. **KIM COOK/THE ASSOCIATED PRESS**

SHADOW FLORAL

Glass art tiles

Ted Baker's gorgeous new glass art tile collection includes this Shadow Floral. It combines two of 2017's most interesting decor trends, moody hues and dramatic florals.

THE TILE SHOP/THE ASSOCIATED PRESS

JEWEL TONES

Roar & Rabbit swivel chair

Roar & Rabbit's sexy, sophisticated swivel chair evokes classic continental mid-century styling. The lush berry hue is another 2017 trend, as jewel tones continue to ride a wave of popularity started last fall.

WEST ELM/THE ASSOCIATED PRESS

RICH PURPLE

The Barry console

Designed by Brown Davis and crafted by Keith Fritz Fine Furniture, the Barry console is part of a collection of richly hued furniture that takes a cue from Art Deco, but with a modern twist.

MORIS MORENO/BROWN DAVIS INTERIORS/THE ASSOCIATED PRESS

12%

According to home improvement website Houzz, home renovations account for 12 per cent of couples considering divorcing.

Matthew Chung and his wife Gloria Chung go over renovation plans. Updating a home can put strain on a relationship, but with the right attitude and strategies you can overcome this, writes Matthew Chung. AARON HARRIS/TORSTAR NEWS SERVICE

Don't let a reno demo your love

RENO ROOKIE

Tips for keeping the peace with your partner

Matthew Chung
For Torstar News Service

For the past 24 months I've been trying to impress my wife, one adequately done renovation project at a time.

I'm married to a beautiful and talented woman who handles a power drill with confidence and can paint a wall with precision — which ratcheted up the pressure on me to be as proficient at renovating.

So I took the lead on do-it-yourself projects on our east-end home, a challenge to myself to learn new skills and prove to her I could fulfil a vague concept of what it means to be a grown-up. I imagined I'd get better with practice and hoped that my wife would view my mishit nails as a sort of love letter to her.

But I soon realized that we would have to look at those "love letters" for a very long time, and eventually even I would see them for the eyesores they were.

And with some projects lasting weeks, it would be naive to think I would tinker away by myself with the house in a constant state of construction, without needing the help of my wife.

In reality I've depended on my wife's input, assistance and sometimes her labour to get through renos and, when she isn't in the trenches with me, I look to her for reassurance that I'm not completely missing the mark.

> **To ensure resentment doesn't build up, you'll want to match your partner's work rate.**
> Matthew Chung

Apparently, renovating as a couple is not to be taken lightly — home renovations make 12 per cent of people consider divorce, according to a survey by home improvement website Houzz.

While the foundation of our relationship remains strong, I think we've had to develop strategies to minimize disagreements. Here are three suggestions I have for staying on your partner's good side during a project:

Give each other space

I've found my wife and I work best together when we have responsibility for our own part of the project.

For example, she measures and sketches out how to position the mouldings on the ceiling; I cut and nail them in place. Or I use the paint roller while she uses a brush to paint the trim (because the fine detail is not my strong suit).

This saves us from tripping over each other or debating the best way to do a task. Better yet, I'd suggest you try and convince/bribe a friend to lend a hand.

No guarantee you'll finish the job any faster or the result will be any better, but I do guarantee it'll put less strain on your relationship.

Keep yourself busy

To ensure resentment doesn't build up, you'll want to match your partner's work rate, even if the work you're doing isn't advancing the renovation project.

For instance, the Sunday afternoon my wife was figuring out the aforementioned ceiling mouldings, we agreed there wasn't much I could contribute.

But rather than sit back and watch TV, I spent that afternoon doing our taxes, running loads of laundry and cooked us a meal so at least there'd be fewer tasks she might feel she had to pick up later.

Keep laughing

Renovating is hard and scary. Trying to see the humour in discovering there's a giant hole where you'd expect to find drywall or that none of your walls are square will go some way to keeping your partner in a good mood and ensuring that when, at the end of the day you put the tools back in the shed, you don't have to stay out there for the rest of the night.

Matthew Chung, 33, is a communications manager attempting to renovate his first house. You can follow his progress on Instagram @mjechung.

metro SPORTS

"We're a group of businessmen": A win Thursday in Washington will give John Tortorella and the Blue Jackets a share of the NHL's longest streak (17)

NHL CANUCKS BLANK COYOTES FOR FIFTH STRAIGHT WIN Canucks defenceman Christopher Tanev fights for control of the puck with Coyotes left-winger Brendan Perlini on Wednesday night at Rogers Arena. Ryan Miller made 22 saves for the shutout and the Canucks won their fifth consecutive game by a score of 3-0. Sven Baertschi, Brandon Sutter and Bo Horvat provided the goals. The loss was the Coyotes' eighth straight. JONATHAN HAYWARD/THE CANADIAN PRESS

Hart leads Canada to gold-medal game

WORLD JUNIORS

Goaltender comes off bench to spark host team

Carter Hart was all set to spend a third straight game on the bench when he was suddenly called upon to save Canada's gold-medal hopes at the world junior hockey championship.

When Connor Ingram gave up two goals on his first three shots, Hart was thrust into the action and stopped all 28 shots he faced as Canada defeated Sweden 5-2 in their semifinal on Wednesday night.

"I was pretty excited and I was pretty lucky that it was early in the game," said Hart, who began the tournament as Canada's No. 1 goalie but lost the starting job to Ingram. "My gloves were still sweaty from warm-up so I wasn't too cold going in there.

Canada goaltender Carter Hart makes a save on Sweden's Tim Soderlund on Wednesday in Montreal.
PAUL CHIASSON/THE CANADIAN PRESS

"It really just matters how you prepare before the game. You prepare like you're playing."

Coach Dominique Ducharme, who doesn't usually say in advance who will play in goal, confirmed that Hart will be back in the net when Canada faces the United States in the gold-medal game on Thursday night.

"He was ready and he had a great game," Ducharme said of Hart. "He came in and made a few saves off the bench, felt good and got better and better. He had a perfect night."

Anthony Cirelli had a goal and an assist for Canada. Julien Gauthier, with two, Mitchell Stephens and Dylan Strome also scored in the win.

SEMIFINAL in Montreal

5	2

Joel Eriksson Ek and Carl Grundstrom had goals as Sweden had leads of 1-0 and 2-1.

Sweden will face Russia for the bronze medal.

"It's really important; it will be much better to get home to Sweden with a medal," said Grundstrom.

Canada lost 3-1 to the Americans in group stage play on Dec. 31.

The U.S. topped Russia 4-3 in a shootout in Wednesday's other semifinal. THE CANADIAN PRESS

TRACK AND FIELD

Star Olympian couple hang 'em up

Canadian Olympic heptathlon medallist Brianne Theisen-Eaton and her American husband Ashton Eaton are retiring.

The decision comes five months after Theisen-Eaton won bronze at the Rio Olympics, and Ashton captured gold in the decathlon.

Track and field's super couple, who met while competing for the University of Oregon and married in July of 2013, announced their decision on their social media accounts, and side-by-side essays on their website.

"The past 8 years have been truly awesome," the two said via their Instagram account @weareeaton. "Getting to do something that we love everyday and going after our dreams has given us so much fulfillment in our lives.

Brianne Theisen-Eaton and Ashton Eaton GETTY IMAGES

"But now we are ready to move on to the next thing, the next passion and the next chapter of our lives. We're retiring from track and field. Thank you for sharing the journey with us!" THE ASSOCIATED PRESS

PREMIER LEAGUE

Alli uses his head to thwart Chelsea

Dele Alli underlined his growing reputation by single-handedly ending Chelsea's 13-match winning run Wednesday, scoring two headed goals to give Tottenham a 2-0 victory over the Premier League leaders.

The defence has been the bedrock of Chelsea's three-month hot streak, but Alli was gifted space to score carbon-copy goals in each half at White Hart Lane after meeting crosses from Christian Eriksen.

> **It was a good chance for us, and we wasted it.**
> Chelsea manager Antonio Conte

By taking his tally to seven goals in four games, the 20-year-old Alli inflicted Chelsea's first loss since its last trip to north London at Arsenal in September and prevented the Blues from earning a league record 14th successive win in a single season.

"This league is very tough," Chelsea manager Antonio Conte said. "Now it's important to restart. After 13 wins in a row, it's difficult to accept defeat." THE ASSOCIATED PRESS

BASKETBALL IN BRIEF

Bulls' hot hand burns Cavs
Jimmy Butler scored 10 straight points during a critical stretch in the fourth quarter, leading the Chicago Bulls to a 106-94 win over the Cleveland Cavaliers, who had a less-than-100 per cent LeBron James (cold) and were without stars Kyrie Irving and Kevin Love.

Butler, who was coming off a 52-point game against Charlotte, scored 14 of his 20 points in the fourth as the Bulls held off Cleveland's comeback.
THE ASSOCIATED PRESS

Butler ends Villanova's 20-game winning streak
Kethan Savage scored five of his 13 points during a decisive seven-point run to give No. 18 Butler a 66-58 victory over No. 1 Villanova on Wednesday night, ending the Wildcats' 20-game winning streak.

Butler (13-2) improved to 4-0 against ranked opponents this season and extended its home winning streak to 12 games by beating a top-ranked team for the second time in school history. THE ASSOCIATED PRESS

SEATTLE-DETROIT

Hester could be a factor for Seahawks

When Devin Hester was released by Baltimore late in the season, he made it clear to his representation that he would only consider offers from potential playoff teams.

It took until the post-season for an offer to finally arrive that fulfilled Hester's wish of trying to finally win a title.

"With the career that I've had, I don't have a Super Bowl ring. And what a great opportunity I have now standing in front of you guys and be able to play for the Seattle Seahawks," Hester said on Wednesday after his deal with the Seahawks became official.

Devin Hester GETTY IMAGES

Hester's signing could be a coup for the Seahawks if he can provide a special teams spark that was lost when Tyler Lockett broke his leg in Seattle's Week 16 loss to Arizona.

Seattle face the Detroit Lions on Sunday at CenturyLink Field. THE ASSOCIATED PRESS

NFL IN BRIEF

Tannehill unlikely to start as Dolphins travel to Pittsburgh

Ryan Tannehill stood on the practice field Wednesday, idly spinning a ball in his hands as he watched teammate Matt Moore throw.

That's how the injured Dolphins QB is preparing for the Miami Dolphins' playoff game Sunday at Pittsburgh, where he will also likely be a spectator. THE ASSOCIATED PRESS

Packers CBs battered

Green Bay's Quinten Rollins has been placed on concussion protocol following his injury last week vs. Detroit, while fellow Packers cornerback Damarious Randall practised Wednesday. Randall provided some good news for the secondary ahead of Sunday's game vs. the Giants. THE ASSOCIATED PRESS

Dress rehearsal over for Raiders' Cook

WILD-CARD GAME

In a league first, rookie QB will start for first time in playoffs

For the first 15 games of the season, rookie Connor Cook was inactive each week, making his biggest contribution as a scout team quarterback who would sometimes dress up like Cam Newton or Philip Rivers before Oakland faced those stars to lighten the mood at practice.

Now with the Raiders set to play their first playoff game in 14 years, Cook has been thrust into a much more significant role. He will become the first quarterback in the Super Bowl era to make his first career start in a playoff game when Oakland (12-4) visits Houston (9-7) on Saturday in a wild-card matchup.

Rookie QB Connor Cook will get his first NFL start on Saturday in Houston. NORM HALL/GETTY IMAGES

"I'm just embracing the opportunity," Cook said Wednesday. "I'm going to go out there and have fun, let it all hang out and obviously prepare my butt off and do what I've been doing all year long and go out there and have fun with my teammates."

Cook moved up to the backup spot last week after starter Derek Carr broke his right leg in the second-to-last game of the regular season. He then got his first real action last Sunday in Denver after Matt McGloin was knocked out with a left shoulder injury.

With Carr still sidelined and McGloin slowed by the injury, coach Jack Del Rio called the decision to turn to Cook an easy one.

"We just want him to be himself and do what he can do," Del Rio said. "He played pretty well when he went in and Matt's hurt. We're hoping to get Matt healthy enough to be in a backup role. Right now, that remains in question."

Cook showed some positive signs in his limited action last week even though Oakland lost 24-6 to the Broncos to miss an opportunity to clinch the AFC West and earn a first-round bye.

He completed 14 of 21 passes for 150 yards and a 32-yard TD pass to Amari Cooper but also turned the ball over twice against one of the league's top defences. The challenge won't get any easier this week against a highly regarded Houston defence led by edge rusher Jadeveon Clowney.

"It's obviously not ideal," Del Rio said. "Healthiest option so it makes it really an obvious choice." THE ASSOCIATED PRESS

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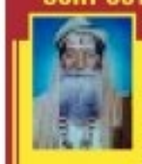
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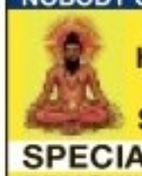
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MAKE IT TONIGHT

Sweet and savoury Chinese Five Spice Chicken Tray Bake

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We love the pairing of sweet and savoury Chinese 5-Spice alongside garlic and sweetly roasted onions.

Ready in 20 minutes
Prep time: 1 hour
Cook time: 20 minutes
Serves 4

Ingredients
- 3 Tbsp olive oil, plus extra for onions
- 4 to 5 garlic cloves, pressed
- 1 Tbsp rice vinegar
- 1 Tbsp brown sugar
- 1 tsp Chinese 5-spice
- 1/2 tsp salt
- 6 large skinless, boneless chicken thighs
- 2 onions, peeled and sliced
- 1 tsp fresh chopped cilantro

Directions

1. Combine olive oil, garlic, rice vinegar, brown sugar, 5-spice and salt in a large resealable plastic bag. Add chicken thighs; seal and coat chicken with sauce. Chill at least 1 hour or overnight.

2. Preheat oven to 400. Slice and coat onion in a bit of olive oil. Spray baking sheet with non-stick cooking spray. Scatter onion slices on baking sheet.

3. Remove chicken from refrigerator and arrange on top of onion. Roast until chicken is cooked through, about 20 minutes.

4. Remove tray from oven and let cool for a few minutes. Sprinkle chicken and onion with cilantro and serve warm.

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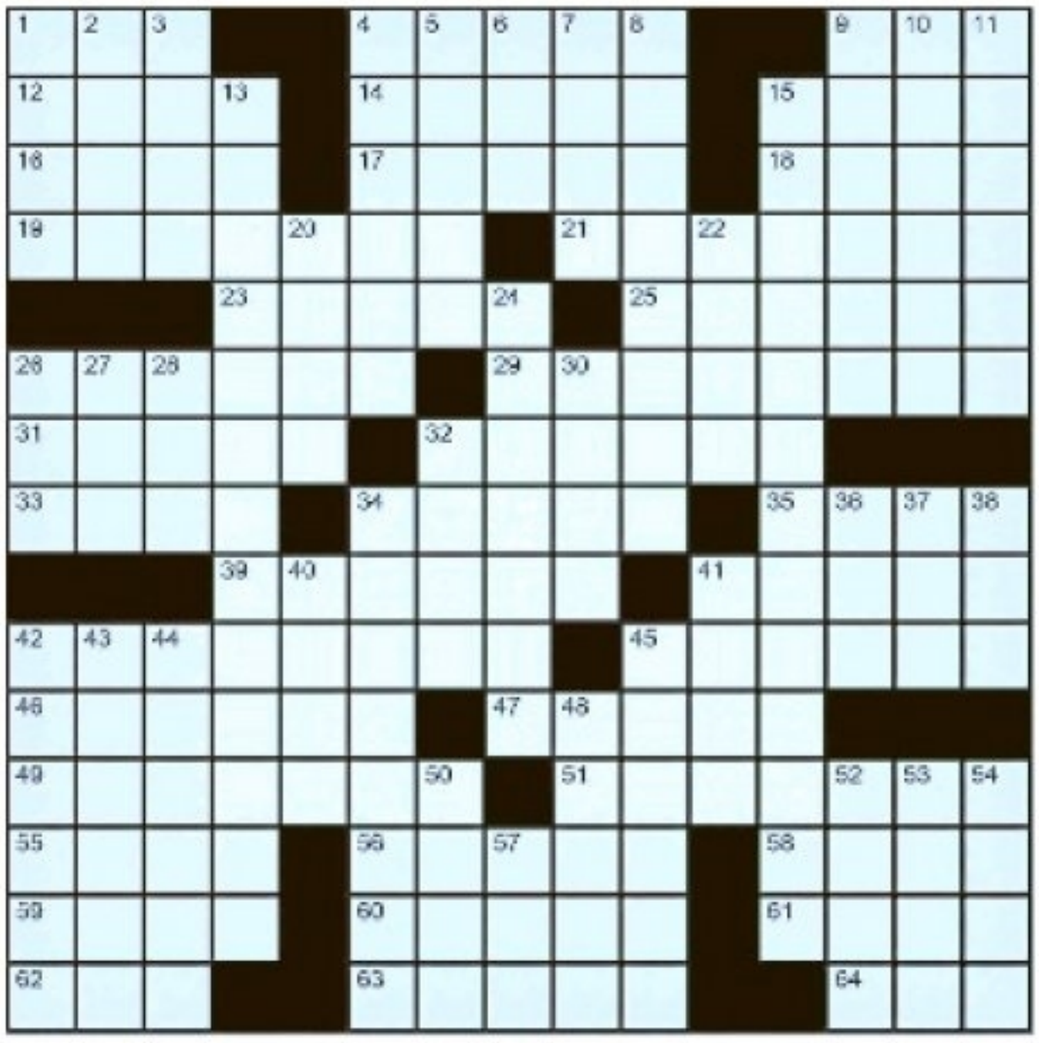
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Backwards boiling-ly brewed beverage
4. Wooden strips
9. Round shape, for short
12. Travel, like a tributary
14. _ rate monitor
15. Additional
16. Canadian singer Mr. Vannelli
17. Ms. O'Donnell
18. Characters' selves
19. Follicles fastener
21. "Dripsody": Hugh _ _ (Canadian physicist/composer/electronic music instruments designer, b.1914 - d.1977)
23. Fermented milk product
25. Younger actress sister of Canadian silent film star Mary Pickford
26. Buoyant
29. _-_ brakes
31. Holier-than-thou
32. Peter of "My Favorite Year" (1982)
33. Writer's work
34. Deuce-ace
35. Browse the Web
39. Ontario village sharing the name of Shakespeare's 'Two Gentlemen' play
41. Someone saying "Shameful."
42. Flourishing
45. Ms. Anderson
46. Directed
47. Room, in Rimouski
49. Venerated
51. Alberta hamlet sharing the name of a Sir of the Round Table
55. Buckeye State
56. "You can't be serious?!": 2 wds.
58. Variety
59. Grannies
60. Humdrum
61. New Brunswick's motto: _ Reduxit (Hope restored)
62. Pastureland parent
63. Filled
64. Prefix to 'Clean' (Infomercial product)

DOWN
1. Kabul's country, briefly
2. Director Mr. Kazan
3. Dancer/singer Ms. Basil
4. Short _ (Curt brush-off)
5. Q. "What's novelist Mr. Uris' first name?" A. "_, _ think."
6. Some batteries
7. Three-book-set, tiny-ly
8. Worky boot feature: 2 wds.
9. _ ergo sum (I think therefore I am)
10. 'Jagged Little Pill' hit
11. Look for again
13. Fitness industry products: 2 wds.
15. Vegetarian's almost-like-the-real-thing purchases, perhaps: 2 wds.
20. Particular pulses
22. Spiral shape
24. TV exec's interest
26. Pertinent
27. Part of a Giant's holler!
28. Brunch offering
30. Songstress Ms. Hendryx
32. "_ _ the other hand..."
34. Weapons for 'net fighter' Gladiators known as Retiarii
36. Baby guitar
37. Protestant, e.g.
38. Monk's title
40. Hardly _ (Rarely)
41. High
42. Queen's chair
43. Buck Owens/Roy Clark variety show: 2 wds.
44. Valley
45. Didn't sit on the bench at the game
48. Quartz variety
50. "_ the Explorer"
52. Prefix to 'allergenic'
53. Peak
54. Ms. Lovato
57. Stand-up's gift

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Because you feel headstrong and passionate about something today, you cannot predict how this day will unfold. But it's safe to say that you will have detours and interruptions.

Taurus April 21 - May 21
This is a friendly and social time for you, which is why you are intrigued by someone who is different or from another culture. A casual friendship might heat up into something cozy.

Gemini May 22 - June 21
A friend might surprise you today. Or possibly, you will meet someone who is a real character. In any event, it's not a boring day.

Cancer June 22 - July 23
A discussion with a boss or parental figure will surprise you today. Whatever happens, do not be hasty — and do not quit your day job.

Leo July 24 - Aug. 23
Travel plans might be detoured, delayed or cancelled today. Be ready for anything, because interruptions are par for the course.

Virgo Aug. 24 - Sept. 23
Double-check financial matters with your bank and anything to do with taxes and debt today, because something unexpected might be brewing. Don't be caught off guard.

Libra Sept. 24 - Oct. 23
A close friend or partner likely will say or do something that surprises you today. Keep a lighthearted point of view. Humour always puts perspective on things

Scorpio Oct. 24 - Nov. 22
Computer glitches, staff shortages and cancelled appointments are just some of the surprises that will interrupt your routine at work. Don't make a big deal about things.

Sagittarius Nov. 23 - Dec. 21
A surprise invitation to a social event might come your way. Conversely, social plans might be changed. It could be anything, which means you have to be ready to go with the flow.

Capricorn Dec. 22 - Jan. 20
Your home routine will be interrupted today, perhaps because of a discussion with a parent or a female relative. Be wise and remain cool.

Aquarius Jan. 21 - Feb. 19
Pay attention to everything you say and do today in order to prevent doing anything you later regret. An ounce of prevention is worth a pound of cure.

Pisces
Feb. 20 - March 20
Keep an eye on your money and possessions today to prevent loss or theft. Something unpredictable might happen. The upside is that you might find money or something you previously lost.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

					2	6	8	7
			1				3	5
				8				2
	7		2					1
		8		5		9		
5					9		2	
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3	8				1			
9	2	6	8					

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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6	1	2	9	4	3	7	5	8
7	4	5	2	8	6	3	9	1
8	3	9	7	1	5	4	6	2
1	5	8	6	9	4	2	3	7
2	9	4	3	5	7	1	8	6
3	7	6	8	2	1	5	4	9
5	6	7	1	3	9	8	2	4
4	8	1	5	6	2	9	7	3
9	2	3	4	7	8	6	1	5

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